



Presents

Frances'
Kitchen

Pasta Bolognese

Here's a great recipe for all the family! A yummy pasta bolognese and here's a list of ingredients that you'll need. Cook along with Frances to make a scrummy pasta bolognese. The great thing with this recipe is that you can make a meat or veggie version, and it's also a great base for a chilli.

Ingredients:

1 x Red Onion
Celery
Garlic
2 x Peppers
2 x Carrots
1 x Tin of Tomatoes
1 tablespoon Tomato Puree
500g pack of Beef Mince
Sprinkle of Mixed Herbs
White or Brown Pasta

Portion sizes*

*from Infant and Toddler Forum and Caroline Walker Trust

Naturally slow acting carbs are low GI and will help prevent spikes in blood glucose. Large carb portions will always cause a rise in blood glucose, choosing low GI and an age suitable portion size will help to reduce this.

3 yr old - 60g cooked pasta + 90g sauce
8 yr old - 120g cooked pasta + 180g sauce
11 yr old 150g cooked pasta + 200g sauce
14 yr+ 200g cooked pasta + 220g sauce

Bon Appetit

www.digibete.org/frances-kitchen